

DECEMBER 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
5 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	6 10:00-Blood Pressure 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	7 NO Strength Training 9:30-12:00 <u>Health Fair</u> - Towson Nursing Students 11:00- M&M Exercise/ Aud. II 12:30- <u>Health Speaker</u> 12:30-Bridge/Pinochle 1:30-Line Dancing*	1/8 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-12/1- <u>Winter Blues</u> 12:30-12/8- <u>Music by Gene</u> <u>Serge</u> 1:00-12/1-Bookmobile 1:30-Knitting	2/9 9:30-Strength Training 12:30-Canasta
12 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	13 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	14 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Bridge/Pinochle 1:30-Line Dancing*	15 9:00-Quilting 11:00-Strength Training 12:30- <u>Music/</u> <u>Mellotones</u>	16 9:30-Strength Training 12:30-Canasta
19 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	20 11:00-Strength Training 12:00-Mah Jongg 12:35- <u>Bingo</u>	21 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>A Time To Talk/Edi</u> 12:30-Bridge /Pinochle 1:30-Line Dancing*	22 9:00-Quilting 11:00-Strength Training 12:30- <u>"Who So Ever Will"-</u> <u>Gospel Music</u> 1:00-Bookmobile 1:30-Knitting	23 CLOSED CHRISTMAS
26 CLOSED CHRISTMAS	27 11:00- Strength Training 12:00-Mah Jongg 12:35- <u>Bingo</u>	28 9:00- Strength Training 11:00-M&M Exercise 12:30- <u>Crimes in the Senior</u> <u>World/Steve</u> 12:30-Bridge/Pinochle	29 9:00-Quilting 11:00-Strength Training 12:30- <u>"Old Stuff"/Kitty</u>	30 9:30-Strength Training 12:30-Canasta

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605

LINDA MCGINNES-COORDINATOR 301-600-3525 WWW.FREDERICKCOUNTYMD.GOV/DOA

MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE

HOURS-M-F-8:30-4:00

SPECIAL MEAL-DECEMBER 15-BAKED HAM-SWEET POTATOES